

## Isoniazid (INH)

- ◆ Take INH **1 hour before or 2 hours after eating**
- ◆ If the medicine upsets your stomach, you may take it with a snack.
- ◆ **Do Not**
  - Drink alcohol while taking INH
  - Use Tylenol (acetaminophen) or any medications with acetaminophen in them while you are on INH
- ◆ **Avoid**
  - Taking antacids like Maalox, Tums or Mylanta within 2 hours of taking INH
  - Foods that may cause problems like a hot or clammy feeling or headaches:
    - \* Tuna
    - \* Sauerkraut
    - \* Brewer's yeast tablets
    - \* Aged or cured meats, jerky
    - \* Aged sharp cheese
- ◆ **Tell** the TB nurse if:
  - You become pregnant while taking INH **and talk to your doctor**
  - You have loss of appetite, nausea or vomiting, light colored stools, or are tired while on INH.
- ◆ **Other Notes**

---

---

If you have any problems or questions, call the TB nurse at: 

---